

DINNERLY



Fan Fave: Chicken Schnitzel with Roasted Veggies



40 minutes



2 Servings

Midweek dinner has never been easier. Coat chicken in crispy crumbs, tumble good-for-you veggies onto a tray, then sit back and let the oven do all the work.

WHAT WE SEND

- 300g chat potatoes
- 1 red onion
- 1 zucchini
- 1 carrot
- 40g panko breadcrumbs ¹
- 1 large free-range chicken breast fillet

WHAT YOU NEED

- 1 garlic clove
- 1 tbs olive oil
- 1 egg ³
- 1 tsp dijon mustard ¹⁷
- 1 tbs honey
- olive oil spray (optional)
- tomato sauce and mayonnaise (optional)

TOOLS

- 2 oven trays
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 13.9g, Carbs 44.7g, Proteins 44.1g



1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Quarter the **unpeeled potatoes**. Cut the **onion** into thick wedges. Halve the **zucchini** lengthwise, then cut each half into 3 pieces on an angle. Peel and quarter the **carrot** lengthwise, then halve. Crush or finely chop **1 garlic clove**.



2. Roast veggies

Put the **veggies** on a lined tray. Drizzle with **1 tbs olive oil**, scatter over the **garlic**, season with **salt and pepper** and toss to coat. Roast on the lower oven shelf for 30 mins or until golden and tender.



3. Prep chicken

Meanwhile, whisk **1 egg**, **1 tsp dijon mustard** and **1 tbs honey** in a shallow bowl. Season with **salt and pepper**. Put the **breadcrumbs** on a plate. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



4. Cook schnitzels

Dip the **chicken** in the **egg mixture**, then coat in the **breadcrumbs**. Put on the remaining lined tray and spray or brush with **olive oil**. Bake on the upper shelf for 15 mins or until golden and cooked through.



5. Serve up

Divide the **schnitzels** and **veggies** among plates and serve with **tomato sauce** and **mayonnaise**, if using. Enjoy!



6. Did you know?

Panko are the Japanese version of breadcrumbs (panko means 'small pieces of bread'). They're lighter and larger than regular breadcrumbs, producing a much better crunch.